

SD Meals Program Nutrient Goals in Planning and Analyzing Menus
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Nutrient	Value
Basic Components * denotes required	
*Calories (kcal)	735.00
Water	1233.30
*Protein (g) actual is 18.8 our goal is based on 17% of calories and wt/ht/activity of reference person (75 yo male 68" 153#) Lightly Active	31.24
Carbohydrates (g) based on 53% of calories	97.40
Fat (g) can be less	24.50
*Dietary Fiber (g)	10.29
*Fat (g) based on 30% of calories -can be lower	24.50
Net Carbs (g)	87.11
Vitamins	
*Vitamin A RAE	300.00
*Vitamin B-6 (mg)	0.60
*Vitamin B-12 (mcg)	0.80
*Vitamin C (mg)	30.00
Vitamin D (mcg) (or 200 IU)	5.00
Folate DFE (mcg)	133.30
Minerals	
*Calcium (mg)	400.00
*Magnesium (mg)	140.00
Iron (mg)	2.70
Potassium (mg) goal: 1567.0 in future	1250.00
*Sodium (mg) goal: 800 or less in future	1000.00
*Zinc (mg)	3.75